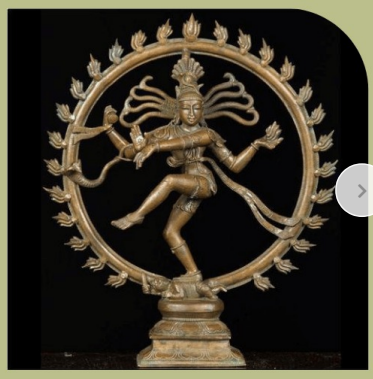
Indian Classical Yoga

Fundamental principles of Yoga philosophy.



Yoga Teacher Training Course Netherlands

Yoga is an Indian tradition for personal development. With a healthy lifestyle, balanced diet, physical fitness and calm mental state, you are able to realize your true self. This is not an easy path. For this you need the right foundation. The Indian Classical Yoga teacher training course Netherlands, offers you the complete foundation to integrate Yoga into your life. It is the basis for a healthy and happy life. It provides the foundation you need to get started as a Yoga teacher.

Join Top Yoga Teacher Trainings In Netherlands

The course is not only for those who wish to teach, but for everyone who wants to learn more about yoga or wants to start the path of transformation to a happy and healthy lifestyle.

The course is both for beginners as for experienced yoga practitioners and teachers. It is not required to have any previous Yoga experience to participate in this course. The education is enriching for everyone as it does not merely focus on Asana's but deals with the fundamental background of traditional Indian Yoga philosophy. Before learning what to teach others you implement the ancient knowledge of Yoga on yourself.

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ancient knowledge of Yoga on yourself.

Best Nl Yoga Teacher Training Course

The Indian Classical Yoga Teacher Training Course Netherlands, is organized by the standards of The Yoga Institute in Mumbai, the oldest organized Yoga Centre in the world. The Yoga Institute is founded by Shri Yogendra who was taught Yoga by a Sadhu. Sadhus are the original practitioners of yoga. They devote their lives to attain enlightenment, but live solitary lives and keep their knowledge to themselves. Shri Yogendra is the first Yogi to start a family and make the wisdom of yoga public. For over 100 years the Yogendra family has transformed the lives of millions and now the teachings are available in Europe.

Yoga Teacher Training Netherlands, Amsterdam, Rotterdam, The Hague, Utrecht, Arnhem

The 200 hours Yoga Teacher Training Course Netherlands takes place in a central location in The Netherlands. To make Yoga available for everyone we organise our Yoga Teacher Training Course in Amsterdam, Rotterdam, The Hague, Utrecht or Arnhem. Please look at the activity page or contact us directly to find out about activities in your proximity.

Content of the Yoga Teacher Training Course Netherlands

The TTC covers theoretical and practical aspects of Yoga.

The goal of this Yoga Teacher Training is to learn the proper foundation to begin your Yoga path in life. You will learn the technical basics of the asanas combined with breathing. You will learn how your nutrition affects your health and muscle growth. In addition, you will learn about the philosophical background of Yoga and the importance of controlling your mindset to live a holistically balanced life.

Featured are practices such as Kriya, Pranayama and Meditation and teachings from the Yoga Sutras of Patanjali, the Samkhya philosophy and the Hatha Yoga Pradipika.

Syllabus For Top Yoga Teacher Training Course In Netherlands

Practical skills:

- Exercises for loosening your muscles
- Kriya
- Surya Namaskar (Sun Salutation)
- Asana
- Pranayama
- Practice leading to meditation
- Communication and teaching methodology

About Asana:

- Knowledge of selected postures
- Demonstration ability to perform these postures
- Distinction between Meditative and Cultural, dynamic and static version
- Techniques pioneered by The Yoga Institute

Theoretical Introduction to:

- Yoga and yogic practice
- Hatha yoga (including Hatha Yoga Pradipika)
- Patanjali Yoga Sutras
- Bhavas – Basis of yoga education
- Human systems, yoga and health
- Yoga for wellness
- Yoga and promotion of positive health
- Yoga and stress management
- Ayurveda

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Upcoming Activities

Yoga Teacher Training Netherlands

Testimonial

What They Say.

Franziska

Yoga Teacher Training Course in France 2021

What I would say to someone who is interested in following the TTC is, 'Do it'! It is not only a truly enriching experience, but one that has the potential to change your life. I absolutely loved the diversity of each day. The mix between theory, practice and different activities is fun and also keeps me alert and energized during the day. I also really, really enjoyed learning about the theory and background of Yoga, Indian philosophy and the Sanskrit language.

Do You Need Personal Advice?

Which Asana suits you? What is your Ayurvedic constitution? Which food and lifestyle will return your health? What do you need to change to find happiness?

Contact us for advice and private consultations

Start Your Yoga Journey

Sign up for the newsletter

Stay informed about our activities and receive practical tips via our e-mail newsletter. Maximum 4 times a year.
Add indianclassicyoga@gmail.com to your contacts!

Name

Email

Send

Indian Classical Yoga is Yoga according to the ancient traditions of India. Let the wisdom of Yoga guide you on the path towards health and happiness!

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